



Exchange 2012-2013

JANUARY

Special Points of Interest

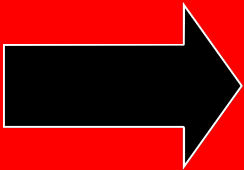
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Mallorie Sigmon

A Better World

“I’m Gonna Make a Change,
For Once in My Life
It’s Gonna Feel Real Good, ~Man in the Mirror,” Michael Jackson
Gonna Make A Difference
Gonna Make It Right . . .”



Michael Jackson said it perfectly; we all have to be the change we want to see in the world. Yes, this song makes us think about how we can improve our lives and be a positive change in the world. How can we do this when we all have different dreams and goals? We can start by coming together as an organization – one big family – to make change. Whether it is through community service projects, chapter and state projects, STAR Events, or National Programs, the diverse members of FCCLA CAN work together to strengthen families and communities. One small act can make a difference in many lives. Members can develop leadership skills and foster growth and change by mentoring younger members as well. You never know how much you can change by doing the smallest act. Help be the change in the world today by doing the following:

- Be an active member in your chapter, district and state.
- Participate in community service activities.
- Encourage friends to join FCCLA.
- Complete a state project or STAR Event.
- Consider running for a leadership position in your chapter, district, and state.

What better way for YOU to begin changing the world than through FCCLA.

Stephanie Manchester

If you want a cool way to show off a community service project you have done in your local chapter, then you should take a look at State Projects! Any chapter activity you have done can be made into a State Project. The “FCCLA in Action” State Project is based on the National Programs and will be given ribbons for the nametag that identifies the national program. All State Projects will be recognized at State Conference with a ribbon on your nametag. These are competitive events similar to STAR events, but you don’t have to do a presentation in front of judges. The best part about them is that you can enter as many as you want, and you can participate in a STAR event, too! These projects are great for people who like to be creative. You will receive a GOLD, SILVER OR BRONZE ribbon medal for your efforts! Each

The State Projects are:

- Beyond the Basics
- Smile
- Dynamic Dating
- ECO
- Focus on the Basics
- Healthy Teens
- New State Projects December 2011
- Early Childhood - Healthy Snack*
- Early Childhood - Learning Pac*

FCCLA in Action

project is a little different, so check out the projects available by going to the INDIANA FCCLA website.

It is a great way to get involved even if you are not sure that you can handle a STAR event! They can also be used in your chapter for training for other members. In my chapter we use them all the time for visual displays when we are recruiting members during freshman orientation or to fill a display case.

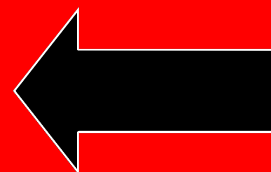
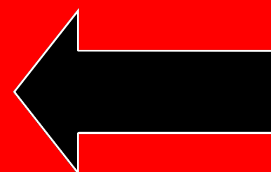
Taylor Fruth

This year build a chapter of leaders. Get your chapter involved in a project that requires leadership roles like arranging a charity event. Become dynamic leaders by mastering the 6 units: model good behavior; solve problems; foster positive relationships; manage conflict; build teams; educate peers.

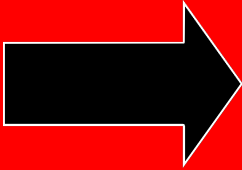
Find and use your personal power by participating in Power of One. The skills you will learn by taking part in this will be useful to you now and in the future with your job, family, and friends. These skills will help build you as a person and better develop those leadership skills hidden away inside of you. Power of One participants will receive a pin at State Conference.

Both applications are due by April 1 to National headquarters.

Remember: If you want recognition for these events, you must do the State Project FCCLA in Action.



Andrea Kelly



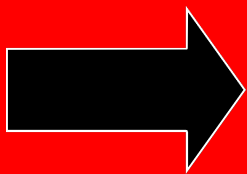
Do You Want To Be a State Officer?

Do you want to help plan State Events such as Leadership Academy, Fall Leadership Rally, and State Leadership Conference? Do you want to be up on that stage presenting awards and doing skits? Do you want to wear that red FCCLA jacket? If you do, then you want to be an FCCLA State Officer!

FCCLA State Officers write articles for The Exchange, send in monthly reports on their progress, and spend hours planning and preparing for State Events. This may sound like a lot of work, but you can't forget the fun involved! State Officers pick the theme for the year, prepare workshops for Leadership Academy and Fall Leadership Rally, write skits for State Leadership Conference, and many other exhilarating events. State Officers, along with the help of many others, plan every detail of State Leadership Conference. If you want to be a part of all of these exciting events, then being a State Officer is for you!

If you want to be an Indiana FCCLA State Officer, talk with your adviser, any State Officers, and refer to the State Executive Council Handbook to get more information. For applications, go online to the Indiana FCCLA web page. Being a FCCLA State Officer is your chance to show that you are the Ultimate Leader!

Kelly Weigel



STAR Event Tips

I imagine a lot of you ask what is a STAR Event? STAR stands for Students Taking Action for Recognition. There are 28 STAR events that members can participate in. So what does it take to get recognition for the actions you do?

FCCLA stands for Family, Career and Community Leaders of America. This is what the STAR events projects are based on. Some of the titles consist of “Focus on Children” where you base your project on helping or teaching children the importance of whatever you and your group (up to 3) feels that the children need to be addressed. For example, one year I did a project in another category called “Chapter Service Manual.” My friends and I decided that we would like to do this STAR event. First off, to complete a STAR event it takes a lot of time and dedication to make it as complete as possible. The project starts after you pick a place that you want to educate/help/show awareness too. Like I said there are 28 projects that you can choose to do. There are boards, scrap books, or portfolio projects that are part of a STAR Event. I have done 4 STAR events so far and doing my 5th this year. After all of my years of doing them, it’s best to start early. STAR events take a lot of time to prepare and complete. Since most STAR Events require team work this involves coordination of many schedules. STAR events are not something that you can do in a week. It can take months trying to prepare a project, get the help and support from your chapter, and to follow through. It is best to ask your advisor for help because it can be challenging to do by yourself. Don’t be afraid to ask for help. That’s why we have advisors. Make sure the presentation is well prepared so that you understand everything that is in your speech. The judges will ask you questions and that’s when you have to be professional. Doing a STAR event will help you in the long run with writing skills, presentation skills and of course planning. The best feeling is when you go to State Conference and present, waiting to get your award. Knowing that you did a project to better yourself and your community is also an awesome feeling.

Cody Morris

Districts, the time is almost here! Last year, The District Challenge was won by one district. This year, the state officer team has decided to divide it into 3 categories: Membership, Fundraising, and Community Service. Each category having a winner. So if you are in a small district, you might not be able to win the Membership category but you have a chance at Community Service or Fundraising. This is the final push for your district reports, the deadline is February 13. The forms are online under state projects.

I am so excited to see what the district accomplish, and can't wait to see

Jessica Steel

Who Doesn't Want Money for College?!?

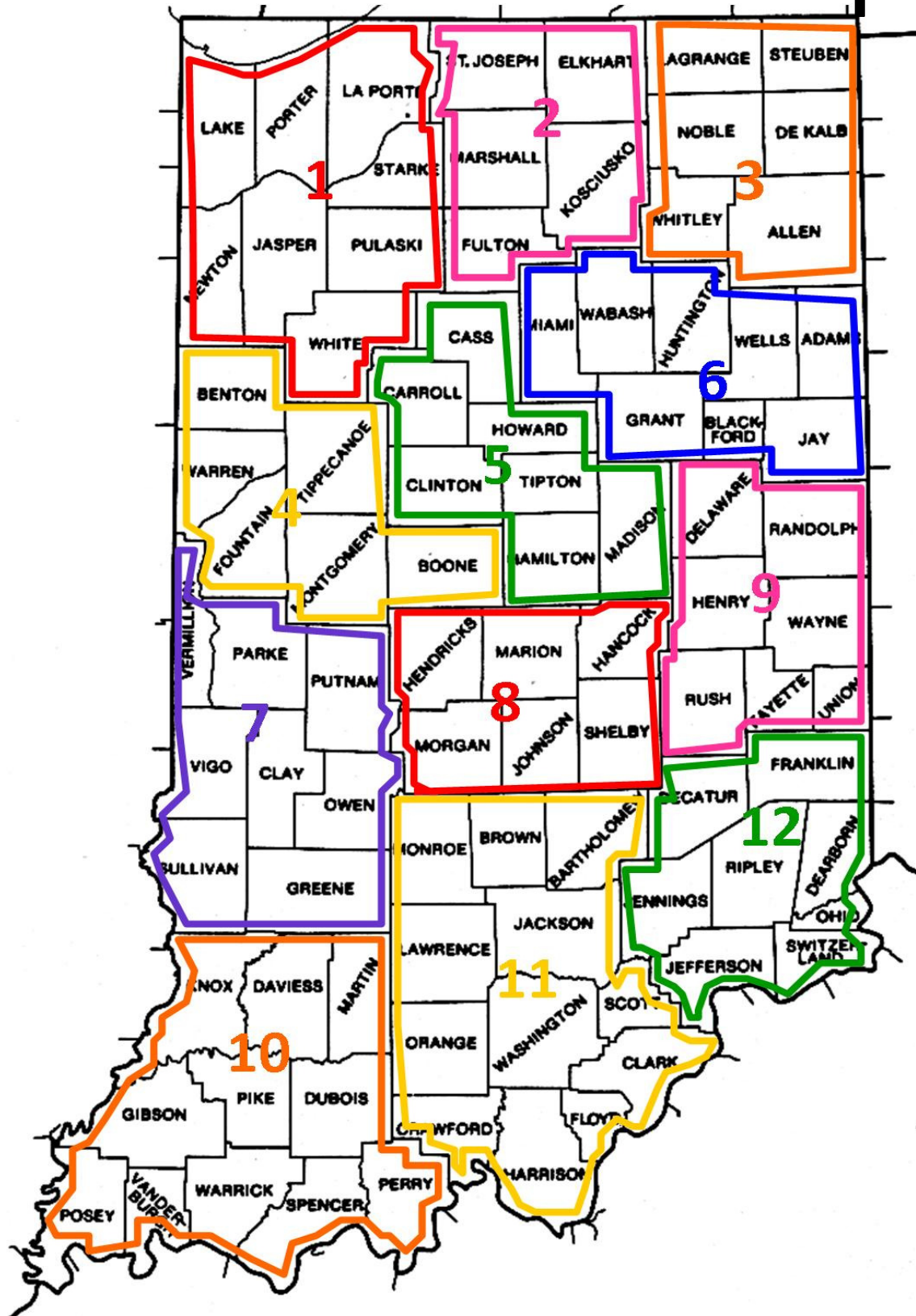
College is not cheap by any means! The average college cost for a single year is \$20,000. When one is paying for bills, a scholarship is very helpful. Thankfully, Indiana FCCLA offers two different scholarships. The two scholarships are Jeremy Jackson and Hurst.

The Hurst scholarship is in memory of Hortense Hurst. The scholarship is named for Miss Hortense Hurst who served as Indiana's State Supervisor of Home Economics for over 25 years. The recipient must show evidence of scholastic ability with a "B" average or higher in seven semesters of high school and be an active FCCLA member. The scholarship is for \$500. The deadline for this scholarship is February 1st. All applications should be sent directly to Miss Buchanan, the Indiana FCCLA State Advisor, elaine.b7529@sbcglobal.net, or at 1200 Moccasin Trail, Kokomo, IN 46902.

The Jeremy Jackson scholarship was named after a state officer during 1998 and 1999. Jeremy was the Vice President of Membership and was killed in a car accident during his term. His goal was to see membership in FCCLA grow. The Jeremy K. Jackson memorial scholarship is presented to a senior who will be pursuing a degree at a college or a university. The Jeremy Jackson Scholarship winner must have been an affiliated member for two years including their senior year, and be a resident of Indiana for one year. The recipient must show leadership experience in FCCLA and have a grade point average of at least 2.5. The recipient must also write an essay stating how FCCLA has been a positive influence on their life. The scholarship is worth \$400. The deadline for this scholarship is January 20th. All applications should be sent directly to Miss Buchanan, the Indiana FCCLA State Advisor. Applications are available on the FCCLA website at www.fcclainc.org

So, what are you waiting for?!? Get started and fill these scholarship applications out!

Indiana District Map



News from Columbus East FCCLA

Columbus East High School, in Columbus, Indiana, has improved this year's chapter by fifty members. Our team of officers has taken time out of their busy schedules to make Columbus East FCCLA chapter successful. With meetings every Wednesday, promoting FCCLA and talking about new ideas, Columbus East has made a great impact on their school.

When collaborating ideas and finding new ways to expand, the FCCLA officers started planning an Indiana District 11 Meeting in Brown County, Indiana, which had never been done before. Having a small district did not stop Columbus East officer, Jared Myers, from perusing his ideas. With tedious planning and hard work, a great day of adventure was ahead. With the theme, "Embrace Your Future," activities and workshops were planned focusing on the crucial topic. Throughout the day students who attended the meeting participated in egg tosses, trash bag races, flag football, and relays. Each activity focused on leadership roles, making positive decisions, and working well with others. Following the leadership activities, guest speakers came and expressed the importance of embracing the upcoming years. Ms. Elaine Buchanan, the Indiana FCCLA State Advisor, spoke with the students about taking advantage of the opportunities provided by FCCLA. It was shocking how many Indiana District 11 students were unaware of all the competition and goals FCCLA offers. After the information was heard, students became interested and involved. This is exactly what Columbus East FCCLA has been looking for. This District Meeting being the first one ever hosted, Columbus East FCCLA have great expectations for the future years. With an outstanding turnout and results, Columbus East FCCLA continues to grow every day. Putting in the time and effort to put on such an influential meeting, with all members in District 11 in attendance, Columbus East believes they have exemplified a great example of FCCLA in Action.

Columbus East FCCLA

News from South Decatur FCCLA

South Decatur FCCLA planned and carried out two fund-raising activities during December. In the first activity we partnered with Ponderosa. We advertised on the countywide radio station, via email, and in the school newsletter to parents. We made posters for the halls at school and sent flyers home with every South Decatur student. We also made table tents for the tables at Ponderosa. Then on a Tuesday evening in December, we bussed tables and filled drink orders. For all our efforts we were rewarded with tips and ten percent of the gross spent on food that evening.

Candy grams were our second fund-raising task. We sold cards with a candy cane for 25 cents and cards with a decorated bag of candy kisses for 50 cents. Students at South Decatur could send personal Christmas greetings to all their friends. Most enjoyed both sending and receiving the fun treats.



In the front from left to right: Natasha Bruce, Kadey Caperoon, Chelsi Gilbert, and Olivia Rigby. In the back: Patsy Valencia, Byron Haley, Kristen Fenley, and Courtney Dickson.



Sarah Gilley, Patsy Valencia, Kayleigh Marshall, Kiana Sweet, Olivia Rigby, and Byron Haley. They are putting the candy grams together for delivery

Winchester Community HS FCCLA

Winchester, Indiana

To raise funds for the local food pantry, the members of the Winchester Community HS FCCLA, held a Turkey Trot. Students bought feathers to place on paper turkeys of faculty and staff members. Within 3 days they raised over \$100 for donation. The winning “turkey” is a very special staff member as she is currently battling breast cancer and winning.



The Exchange Article

Southmont Junior High School

Crawfordsville, IN

“Ability Services Gift Wrap”

It has been a tradition of FCCLA and the Family and Consumer Sciences Department at Southmont (for at least the past 20 years) to participate in a gift wrap for local Ability Services patients at Christmas time. Our Foods teacher is one of the leaders of the organization, and she brings in hundreds of gifts each year to be wrapped for a handful of different facilities in our area. FCCLA meets after school one evening in December to wrap, package, sort, and load the gifts. It is always eye-opening for students and members who participate, because the gifts these patients have requested are things such as toothpaste, underwear, and sweatshirts. It really makes us appreciate what we have and the ability we have to help touch another’s life....especially around the holidays!



EXCHANGE

